

GOOD DECISIONS: Do what is good and right in thanks and praise to God our Creator, Redeemer.
IF it is right then do it. IF it is wrong then don't do it.

IF you are unsure, say "I don't know. Let me think about it."

COMPARE all OPTIONS. TEST the THOUGHT. TALK to GOD.

COMPARE OPTIONS. ☀️ main worksheet

PROBLEM: What is bothering me? _____ What is the problem or need? _____ (Define the problem)

(WANT/GOAL): What do I want? What outcome do I want? (optional). _____

QUESTION: "What options do I have?" "How can I solve this problem?" _____ (Brainstorm options)

SOLUTIONS: FIRST, Write all options. THEN, Write all +pros. -cons. (c)concerns for each option.

D1. option1: _____

D2. option2: _____

D3. option3: _____

D4. option4: _____

main Goals,Needs,Purpose: _____ (Evaluate options)

specific GOAL,NEED: _____

criteria (if helpful): _____

D+ best option: _____ (Decide best option)

Reason: _____

Step1: _____ Step2: _____ Step3: _____

After a month, evaluate results. What worked (+pros). What to improve (-cons). (Adjust as needed)

optional -- use as needed.

TEST the THOUGHT B.Thought (T/F) → BB.Truth B.Belief → BB.Better Belief.

☹️ ☁️ Use this section when strong emotion or uncertainty is involved.

EXAMPLE:

☹️ Feelings: ☹️ Miserable, Depressed, Feel Bad (why?) because...

📖 Problem: 📖 I made mistakes at work. (The reason I feel bad.)

B. Thought (T/F): B. I'm no good because I made mistakes. =B. I must be perfect. (self-talk) T/F

BB. Truth: BB. I'm OK. Nobody is perfect. We all make mistakes. (BB. Correct Thinking)

BB. God says: BB. No difference; all are sinners. Christ came to save sinners. Romans 3

D+ good action: D+ Work hard. Try to improve. → (short-term: work) → +I will do better at work.

BB. IF I do This then +pros. -cons. BB. IF I work hard then +happier. +I do better at work.

☹️ my attitude: _____

😊 good attitude: _____

COMPARE OPTIONS.



PROBLEM: _____

QUESTION: _____

SOLUTIONS: D1. option1 → (Short-Term result) → +pros. -cons. (c)concerns. \$cost. •irrelevant

D1. option1: _____

D2. option2: _____

D3. option3: _____

D4. option4: _____

criteria (AABBCB)

D5. option5: _____

Motive: (c)concern BB.Thoughts about the concern

D6. option6: _____

Motive: BB. God says...

main Goals,Needs,Purpose: _____

specific GOAL,NEED: _____

criteria (if helpful): _____

D+ Do best option: _____

Reason: _____

Step1: _____

Step2: _____

Step3. _____

optional -- use as needed.

TEST the THOUGHT

B.Thought (T/F) → BB.Truth

B.Belief → BB.Better Belief.

Use this section when strong emotion or uncertainty is involved.

☹️ Feelings: _____

📖 Problem: _____

B. Thought/Question: T/F _____

(self-talk)

BB. Truth: _____

(correct thinking)

BB. God says... _____

D+ Do good action: _____

😊 my attitude: _____

😊 good attitude: _____